

TALON TIMES

***Mission:** Plan, direct and control all air operations in support of amphibious forces, and provide combat-ready-detachments to deployed Amphibious Ready Groups.*

TACRON TWELVE
APR/MAY/JUN

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FROM THE COMMANDER'S DESK



TACRON TWELVE
Commanding Officer,
CDR Curtis Cruthirds



"MISSION FIRST, SAILORS ALWAYS"

With another successful quarter under our belt, I wanted to take some time to say a couple of thank you's. First, I want to reiterate my congratulations to CDR Ryan "Flip" Phillips and family for a very successful year as CO, and I wish them the best as they continue their new adventures in Bahrain. Your exceptional leadership and dedication to the command will be truly missed. Secondly, every good commander understands that to be truly effective, you have to surround yourself with the best support staff possible, and I truly believe that is the case here. The officers and chiefs at TACRON TWELVE are here to make this command a better place, and I look at our future with excitement! And for the enlisted here at TACRON 12, I could not be prouder to be your Commanding Officer. I look around the ranks and see some truly amazing and inspirational leaders whose potential has no limits. You are the reason I enjoy getting up every morning and coming to work. In my 20 years in the Navy, this is by far my best tour, and it's because of all of you from E-1 to O-5!

During this quarter, we sent Detachment THREE to Hawaii to be a part of Rim of the Pacific (RIMPAC) 2016 exercise. In typical TACRON TWELVE fashion, the detachment hit the deck running and made a huge impact on the ARG/MEU team. The exceptional work did not go unnoticed as RDML Fillion, ESG-3 Commander, lauded their efforts to CDRE Canete, CTG-1. Keep up the great work out there, DET THREE, as we prepare for your arrival this month.

I also had the pleasure this quarter of promoting a few of our outstanding airmen to petty officers. Congratulations again to AC3 Martinez, AC3 Menendez, and AC3 Ryan. Additionally, we were also able to promote OS2 Nicole Mora to OS1 under the Meritorious Advancement Program (MAP). Congratulations on a well-deserved meritorious advancement. I am extremely happy for all those that advanced, and am very confident that we will have more during the next advancement cycle.

In June, the command participated in Gator Week, showing all amphibious commands just what we're made of throughout multiple sporting competitions. Congratulations to the volleyball team for winning the championship title, but more importantly, thank you to all those that took the time to participate in any of the events. There is truly so much to do at this command, and I tell every Sailor that checks in with me "You only get out of this command what you put into it." Be an active member of this organization, and this command will be one of your best tours ever. So thank you to all those that participated, and I know you enjoyed it; as it was written all over your smiling faces! It doesn't have to be sports either, as we do a lot of other activities to include volunteer work. The main point is to just get involved!

I want to end my first Talon Times article by re-enforcing our motto, "Mission First, Sailors Always". While I continue to make sure that we meet our commitments throughout the world, I want to reassure you that I am here for you. I will never stop taking care of TACRON TWELVE's greatest asset; our Sailors!

TALON PRIDE!

FROM THE MASTER CHIEF'S DESK

By CMC TAYLOR

Greetings Talons!

Welcome aboard to our newest Sailors:



CDR KIRBY
CDR MORENO
LCDR DISHMAN
AC1 REAMBONANZA
LS1 LEI

AC2 BYRD
AC2 WOLFE
AC2 SVAY
OS2 MORA



"Leadership is solving problems. The day soldiers stop bringing you their problems is the day you have stopped leading them. They have either lost confidence that you can help or concluded you do not care.

Either case is a failure of leadership."

Colin Powell



"You can't save them all."

ACCM Taylor



The Ombudsman Corner



Phone Contact Information: (262)716-9380

Email: t12ombudsman@gmail.com

Hello TACRON 12 Family!

Salutations, TALONS! I'd like you to know that your Ombudsman is here for you and your family. I'm only a phone call, text, Facebook message, or email away! Feel free to reach out to me anytime. Together, I'm sure we can tackle any issue before it becomes unmanageable.

If things are going well for you, there are still ways I can be of service to you and your family. There are many resources/events/perks available to you in the San Diego community. For more information about these happenings around San Diego, check me out on Facebook! You can find the page by searching "**Tacron 12 Ombudsman**" once you've signed in to your Facebook page. While you will not be able to post to the page directly, you can send me a private message any time. I do update the page throughout the week, so check back often.

It is such an honor and a privilege to serve you and your family.





*Home is where
the heart is*



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The Ombudsman Corner



Did your spouse recently deploy? Don't forget that The United States Postal Service (USPS) offers **FREE** packing material to families of military members deployed Overseas! **To order call: (800) 610-8734. Press "1" (For English). Press "1" again (For Operator). Ask for the "Carekit04".**



This Military OneSource Navy portal allows access to Navy-specific news, resources, and social media with a simple click. Navy's fleet and family programs provide a full array of services, information, and tools to assist Sailors and family members in achieving personal and career goals as they excel in meeting the obligations and challenges of Navy life through resilience and self-reliance.

Call. Click. Connect.

<http://www.militaryonesource.mil/navy>



PTSD is a serious condition that affects a growing number of wounded warriors and their families. To learn more about PTSD and find helpful resources or to access information on warrior care, contact **Navy Wounded Warrior - Safe Harbor** at **855-NAVY WWP (855 628-9997)**, navywoundedwarrior@navy.mil or <http://safeharbor.navylive.dodlive.mil>

FOCUS: Family Resiliency Training™ for Military Families ***Strengthening the Home Base!***

FOCUS (Families Over Coming Under Stress™) provides resiliency training to military children and families. It also teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems effectively and to successfully set goals together and create a shared family story.

Site Location

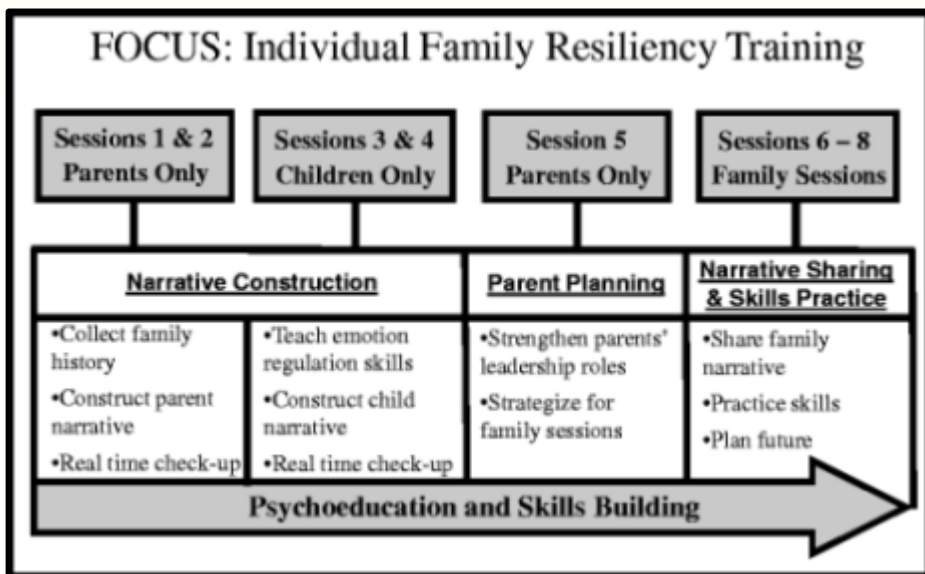
Naval Base San Diego San Diego, CA 92136

Dolphin Alley, Bldg. 265

Phone 619.556.6075

Fax 619.556.6076

SanDiego@focusproject.org



The Ombudsman Corner

Fleet and Family Support



Meeting Your Needs at Home & at Sea

FFSP provides services through the Fleet and Family Support Centers (FFSC) such as relocation assistance, new parent support, deployment services, clinical counseling services, financial management counseling, family employment services, family advocacy, and the relocation assistance programs to assist service members and their families in need. FFSC has also recently opened a NEW SANTEE BRANCH!

*****One Call Serves All!*****

For 24/7 assistance at any Navy Region Southwest FFSC, call 1-866-923-6478. For more information on Fleet and Family Support Programs, please <http://navylifesw.com/sandiego/families/ffsc/>.



Career Services



Command Leadership Corner



Counseling and Assistance



Deployment Support



Disaster Preparedness



Family Enrichment



Financial Support



Relocation Support



Retiree Support



**Sexual Assault Prevention
and Response**

Fleet & Family Support Center Locations (*Near TACRON TWELVE*)

Mon. - Fri., 7:30 am - 4:30 pm, Closed Sat., Sun., and holidays (unless otherwise noted)

Naval Base San Diego

3005 Corbina Alley
Bldgs. 259 & 263
San Diego, CA
(619) 556-7404

Naval Base Coronado

318 Saufley Rd.
Bldg. 318
San Diego, CA
(619) 545-6701

San Diego Military Outreach Ministries (MOM) is a community supported charity that reaches out to young enlisted military families (E-5 and below and wounded warriors) in San Diego with a broad range of helping services. Among the services listed below, they also host regular motivational briefings on base.

(For more details, visit www.sandiegomom.org, or call (619) 461-4164.



Children's & Infants' Supplies...



... to include diaper bags filled with personal items



Food bags & Gift Cards



Household Goods & Furniture



Toys & Bikes



Baby Showers At Navy/Marine Bases



Family Readiness Gatherings & Holiday Events



Celebrating Young Military Families



American Red Cross



As a reminder, the American Red Cross has moved to a single telephone number for its emergency communication services.

All military members and their families can use one number: **877-272-7337 (U.S. Toll Free)** to send an urgent message to a service member. This means that all military members and their families can use this single number to initiate an emergency communication, regardless of where they live.

A call to **877-272-7337** allows Red Cross emergency communications services to put military personnel in touch with their families following the death or serious illness of an immediate family member, the birth of a service member's child or grandchild or when a family faces other emergencies.

Additional Red Cross services such as case management and emergency financial assistance also are available. For those stationed overseas, the three options for calling will remain the same: calling **877-272-7337** direct, accessing the number through a military operator or calling the local Red Cross station.

**For more information about the American Red Cross, and how you can reach out and donate, visit their website at*

<http://www.redcross.org/>*





SAN DIEGO METRO

COMMUNITY SUPPORT PROGRAMS

Upcoming Events

Oak Canyon Trail Hike

July 24 • 10 am • Mission Trails Regional Park

With more than 400 miles of trails, the options are endless! We're choosing one of the more popular trails offering a sycamore and oak-lined ravine plus a babbling stream to accompany us as we hike deep into the canyon. Length: 3 miles. Difficulty: Easy to moderate. Bring lots of water. Meet at Mission Trails Regional Park, 1 Father Junipero Serra Trail. For more information call 619-437-3190 or 619-545-9576. To register email nbccr@navylifesw.com.



Christmas in July – SoCal Style

July 24 • 11 am-1 pm • NBPL, Main Base-The Clubhouse

We can't make it snow, but we're bringing Christmas cheer in a sunny time of the year! We'll have supplies at this holiday party to create Santa's ginger bread beach house and much more. Break out your ugly sweater and head over here! NBPL, Main Base – The Clubhouse, BLDG 546. 619-553-9138



Outdoor Yoga Clinic

July 26 • 9-11 am and/or 4-6 pm • Fiddler's Cove Marina

It's two hours of education and relaxation led by a fitness guru! Experience a great clinic for all ages and fitness levels. For more information call 619-437-2984 or 619-522-8680.





SAN DIEGO METRO

COMMUNITY SUPPORT PROGRAMS

Upcoming Events

Vintage T-Shirt 5k

August 5 • 7 am • NBSD Track next to Bldg. 3279

For more information call 619-556-7444.



Ruck My Run

Wednesday, August 10 • 11 am • FREE • NAB Turner Field • 619-437-2982

Participate in NAB's 1st annual 2-mile ruck/run/walk event. Participants are encouraged to wear their own "ruck sack" filled with 15 lbs. (minimum) to 40 lbs. (maximum) of weight of your choice. Free T-shirt awaits the first 100 people to complete the event. For more details call 619-437-2982.



La Jolla Cove Snorkeling Trip

Sunday, August 14 • 10:45 am • \$25 • Meet at La Jolla Cove

This 50-minute Leopard Shark Encounter includes a lesson and guided tour. Wetsuit, mask, snorkel, and fins are provided.

Participants may keep rental equipment for remainder of the day. **MUST BE ABLE TO SWIM.** Transportation not included. For more information and to register call: NAB 619-437-3190, NASNI 619-545-9576, NBSD 619-556-9597.



Support the thousands of sailors in the San Diego area by sponsoring programs and events throughout the year.

Click the following link for more information:

<http://navylifesw.com/sandiego/about/sponsorship/>

Welcome Aboard

CDR KIRBY
CDR MORENO
LCDR DISHMAN
AC1 REAMBONANZA
LS1 LEI
AC2 BYRD
AC2 WOLFE
AC2 SVAY
OS2 MORA

Fair Winds and Following Seas

CDR BUTLER
CDR PHILLIPS
LT BERNSTEIN
LT KANE
LT MATSUMOTO
Capt BARON

YNC VOYCE
AC1 MURPHY
AC2 COAKLEY
AC2 DOXEY
OS2 COLASITO
IT2 WELLS

Awards

NAVY/MARINE CORPS
COMMENDATION MEDAL

AC1 MURPHY
IS1 ROY
AC2 LONGSHORE

FLAG LETTER OF
COMMENDATION

AC2 COAKLEY
AC2 DOXEY
AC2 EVANS

LETTER OF
ACCOMADATION

AC3 BROWN

ADVANCEMENTS



Congratulations to our newly frocked E-4s!
AC3 Martinez, AC3 Menendez, and AC2 Ryan

Congratulations to our new Senior Chief, OSCS Gomes



GATOR BOWL 2016



TACRON 12's TALONS participated in the 2016 Gator Bowl consisting of multiple team sports including football, softball, basketball, and volleyball. Our sailors also competed in the corn hole competition, 5K run, and the infamous boat regatta. A huge shout out to our volleyball team who won first place in the tournament!

UPCOMING BIRTHDAYS

JUL

LCDR GILL
AC1 REAMBONANZA
AC1 WILLIAMS
AC2 EVANS
AC2 HASSAN
OS2 COWAN

AUG

CDR CRUTHIRDS
CDR TODD
LCDR KEIERLEBER
ACCM TAYLOR
LS1 LEI
AC2 PACHECO
AC2 SVAY
AC2 RYAN
OS3 REYNOLDS
OSSA JARAMILLO

SEP

CDR KIRBY
LCDR JOHNS
OSC BROWN
OSC PARAGAS
OS1 SHELTON
AC2 PARKER
OS2 MORA
OS2 THOMAS
AC3 MARTINEZ
IS3 BEYER
ACAN WELCH



Happy Birthday, TALONS

TALON TIMES: CLOSING REMARKS

Welcome back, TALONS!

Time sure has been passing quickly this year with DETACHMENT Four out on the USS America, and DETACHMENT Three preparing to depart on the USS Bonhomme Richard. With all the commotion, I hope everyone continues to do great things whether you are at home or out to sea. Most importantly, keep up the good work TALONS!

TALON Times Newsletter Editors: IT2 Pendley

